



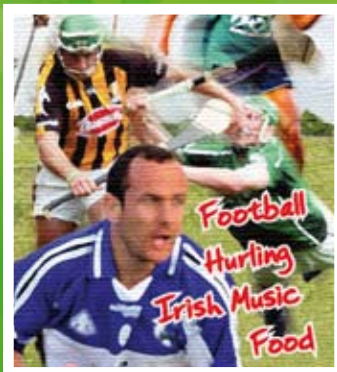
IRISH INSIGHTS

Bringing Ireland to Penang

No. 3 • April 2009



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Letter From The PIA President

A Chairde,

This last year has been a busy time for PIA. In June we had our first Quiz Night, a fantastic success both from the enjoyment of the participants, and the funds raised; and yes we are having another one on June 25th at E&O Hotel. Check out Eddie O'Toole's article on page 4 with details of the up-coming Quiz Night.

I have to confess I do not follow Gaelic games, even though I played Gaelic football in my youth. However the truly Irish weekend in October 2008 when the Asia Gaelic Games were played in Penang was magical for me. I was spellbound by the sheer size of the event – the huge crowds of Irish from all over Asia and the GAA personalities who travelled from Ireland to Penang, but most of all by the high standard of the games played not just by Irish expatriates, but by many Asian players of both genders.

The PIA sandwich bar at the games was a roaring success, with hundreds of tasty doorstopper sandwiches being consumed by the ravenous players. Special thanks to Josie and Brendan Lyons for bringing the games to Penang and then organising them so professionally.

In November PIA joined FoodFriends in hosting a table at IWA's Christmas Charity Bazaar, always a fun and atmospheric event. We look forward to seeing you all again this year and invite you to come and have a glass of Baileys with us.

What a fantastic month March 2009 has been for the Irish – St. Patrick's Festival at home, Six Nations Rugby Grand Slam won in a heart stopping manner, WBA Super-bantam weight Championship won by Bernard Dunne the following night, records broken for most wins at Cheltenham by Irish Jockey Ruby Walsh etc. etc. Not to mention our great events in Penang, the St. Patrick's Celebration at Rasa Sayang Resort, the Irish Wolf Hounds Hash Run at Batu Gantong and 17th March at Shenanigans Irish Pub and Restaurant.

Our Celebration dinner at Shangri-La's Rasa Sayang Resort & Spa as usual was the highlight of the PIA year, with fantastic support from the Irish Manager, Mr. Desmond Hatton, making the event flawless.

Already in April PIA members and friends attended "Life in the Fast lane" in conjunction with F1 as Feringgi Grill presented "Eddie Jordan and the Robbers". For those of you who are not into F1, or being too youthful, Eddie ran the Jordan F1 racing team for many years, achieving fantastic results for an independent team up against the might of the manufacturers; this is the same Eddie, now with his own Rock and Roll band!

I take this opportunity to welcome Rosie Murray to our committee and to thank all committee members (and their husbands) for their contributions for making 2008 a successful one for PIA. Looking forward to another interesting year with PIA! As always, bringing Ireland closer to you.

Maggie T



QUIZ NIGHT

EDDIE O'TOOLE



The most widely asked question on this highly successful Quiz Night on 19th June 2008 was, "When is it on again?"

A very respectable attendance of over a hundred, comprising sixteen teams met at the E&O's Farquhar Bar about 7:30pm. For those coming directly from work, the snack menu provided needed sustenance for the task ahead. Then it was on to the Cornwallis Suite and down to business: ten rounds of ten testing questions, with Eugene O'Neill as Quizmaster and Maggie T and Triona Chelliah keeping score.

For the first eight rounds, teams had the option of 'buying' the answers to an overall maximum of four questions. Despite liberal use of the bar's happy-hour prices all night, there didn't seem to be any impairment of brain cells and the scoring was both high and very close.

PMC Pumas from Penang Medical College won first prize, closely followed in second place by the Dragon Warriors, a truly international outfit drawn from Ireland, U.K., U.S., Austria and India. It was all square between Medusa's Revenge (comprising of teachers from Uplands School) and Alan Rimington's Four Short Planks for third place with Medusa's Revenge eventually coming out on top in the tie-breaker.



First prize was six bottles of Irish Whisky, sponsored by Montpellier Offshore Wealth Management. Second prize, sponsored by E&O Hotel was a Friday Night Buffet Dinner for six, and third prize was six bottles of sparkling wine sponsored by The Wine Shop.

There's great enthusiasm for more of these Quiz Nights, so we have planned another one for Thursday, 25 June 2009. See you all there.



*Congratulations
to the winners!*



QUIZ NIGHT 2009

DATE: Thursday, 25 June 2009

VENUE: E&O Hotel, Penang

TIME: Meet in the Bar at 7.30pm
Move to the Cornwallis Suite
for Table Quiz

PRICE: Teams of four or six players
RM100 per team
(need Team name)

- Happy Hour prices all night – Beer & Wine RM10 nett, Spirits with soft drink RM15 nett
- A snack menu available at Bar

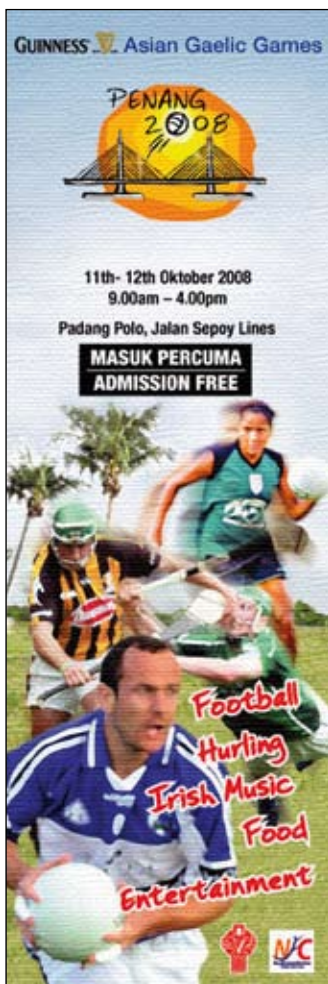
FORMAT FOR QUIZ: 10 rounds of 10 questions.
on General Knowledge, Art & Literature,
Science & Nature, Geography, History,
Films, Music, Sports and Pictures.

PRIZES: 1st, 2nd and 3rd Teams. (Prizes in no order,
winning teams can choose their prize)

- Sponsored by GS Wealth: 6 bottles of Jameson Irish Whiskey
- Sponsored by E&O Hotel: 6 Buffet Dinners for Friday night or Saturday "Wine & Dine"
- Sponsored by Traders Hotel: 3 vouchers for 3 days 2 nights week-end stay in a deluxe room inclusive Buffet Breakfast for two persons (valid till March 2010).

A fun-filled evening for team building, bonding and socialising! Join us by signing up before Friday, 12th June 2009.

Call **Maggie T** at 012-4625596, **Triona Chelliah** at 016-4228817, **Ann Marie O'Toole** at 012-5518154 or **Rosie Murray** at 016-4860951



Asian Gaelic Games – 2008 in Penang

EUGENE O'NEILL



Gaelic Games, being the predominant sport played and supported in Ireland, are naturally also an important part of Irish expatriate life in places where there are 'enough of us' to field a team. Throughout the world then we find Gaelic Athletic Association (GAA) clubs, and Asia has its share. The annual tournament of Asian Gaelic Games, started in Manila in 1995, is now the biggest such tournament outside Ireland. In 2008 this event was staged in Penang, hosted by Penang Pumas, and organised by Asian County Board with Josie Lyons as project manager.

The membership of the clubs comprises not just Irish expats, but other expats and locals who have found fun, exercise, and comradery a winning combination.

15 countries, 16 clubs, 500 players, 4 pitches, 2 days and vast amounts of sweat, some blood, lots of 100 plus not to mention Guinness, combined to make this a weekend to remember.

On Friday night the weekend kicked off to a flying start by Nickey Brennan 'Uachtarán' (President) of the GAA at a reception in Traders Hotel. The draw was made and announced by Micheál Ó'Muircheartaigh, the most famous sports commentator in Ireland, bringing back memories of our youth listening to the radio on summer Sundays.

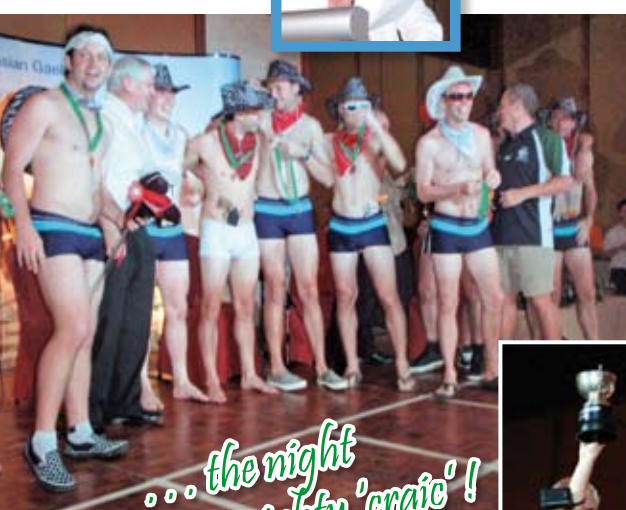
Saturday morning 8:30 saw the start of play at the Polo Grounds, where four pitches had been laid out with team tents and food stalls surrounding them.

The skill levels on display were remarkable not least from those for whom the games were truly foreign, and who had only recently taken up the sport.

The competitions progressed, the atmosphere building, the tensions mounted, the cheering from the touchlines grew exponentially, the class of the top teams was revealed and the individual stars shone ever more brightly, until Sunday afternoon as the storm clouds gathered, and the finals were played.

The Penang Pumas, the only team without an Irish player, being mostly students from Penang Medical College, were a surprise package in their first AGC





... the night
was mighty 'craic'!



competition, reaching the final of their group competition, and loosing honourably to the Taiwan team. Congratulations to the players and their mentors. The Kuala Lumpur team, Orang Éire, won the men's B division Plate and the club were awarded "Asian Club of the Year" at the end of the tournament.

During all this sporting activity, PIA, who had been given a tent in the midst of the team tents to provide some "ham sandwiches", other traditional fare and refreshing drinks did a roaring trade. Once the first round of games had ended on Saturday morning the exhausted players discovered that a bulging Ham, Cheese, Tomato and Coleslaw sandwich on fresh baked thick-cut bread was to be had for 1 Euro, the queue never disappeared until the last slice of bread had disappeared on Sunday afternoon. Over the two days more than 200 loaves of freshly baked bread from Rainforest Bakery, mountains of Ham, Kerry Gold Cheese and Kerry Gold Butter from Cold Storage, dozens of eggs and lashings of Coleslaw were served up by the pit crew of Maggie T, Davina Dunn, Ann Marie O'Toole, Triona Chelliah and Mary Kiernan. Yours truly ran the supply side with help from Eddie O'Toole and Paddy Kiernan, ferrying more bread and fillings and crates of 100 Plus to replenish the stocks. Micheál Ó'Muircheartaigh came for a taste and stayed for a while asking all who came by where they were from, and was invariably able to recall some famous player from that neck of the woods, known to the visitor. For a man of 80 years he has a remarkable memory.

The finale was held at the Shangri-La Rasa Sayang Resort and Spa on Sunday night. Starting with a few relaxing drinks in the garden bar, followed by dinner and presentation of prizes in the ballroom. With more than 600 merry revellers and celebrating teams packed in, the night was mighty *craic*. The whole event was a credit to the organisers and special thanks must be extended to Brendan and Josie for bringing this great weekend to Penang.



PIA Girls weekend in BANGKOK for 2009 Asian Gaelic Games

16 - 18 October 2009

2009 Asian Gaelic Games
hosted by St. Patrick
Society Bangkok

Join us for great games and superb shopping in Bangkok this October. Flight leaving Penang on Friday morning at 8:30am and leaving Bangkok on Sunday evening at around 6:00pm on Thai Airways.

FOR MORE INFORMATION, CONTACT PIA COMMITTEE



IRISH STEW (Serves 6 to 8)

Ingredients:

- 1.5kg shoulder or middle neck of lamb – whole shoulder cut into cubes or if chops cut in half
- 10 medium size potatoes, two thinly sliced, and remaining cut in half or quarters
- 5 to 6 onions, 1 thinly sliced and remaining chopped
- 3 to 4 Leeks, finely sliced
- 2 courgettes, chopped
- 6 sticks celery, chopped
- 3 carrots, sliced – optional
- 1 litre chicken stock (hot)
- Salt & pepper
- Chopped parsley

Irish Recipe

To cook: Leave the meat on the bone, trimming off excess fat. Put the thinly sliced potatoes on the bottom of a heavy based saucepan, layering them with the thinly sliced onions and the meat, sprinkling each layer with salt and pepper. Add the one litre of chicken stock and bring to the boil, remove the froth, then lower the heat and simmer, covered for one hour. Add all the vegetables, leaving some chopped parsley to garnish.

Cover and simmer for an additional one and a half hours. Made this way, the thinly sliced onions and potatoes together with some vegetables should dissolve and thicken the sauce. Sprinkle with parsley and serve.



For more recipes, check out Gourmet Secrets Online at
www.gourmetsecretsonline.com

*Adding Flavour
To Your Life!*

Establishment of the Malaysian-Irish Business Network

MIBN



In order to better serve the interests of the growing number of Irish people and Irish companies operating in Malaysia, a decision was made in 2008 to establish the Malaysian-Irish Business Network (MIBN), to serve as the Chamber of Commerce for Ireland in Malaysia.

Supported by the Embassy of Ireland and by Enterprise Ireland, the Government Agency responsible for the development of Irish industry, a pro-tem committee was formed in September 2008 to begin the process of formalising the establishment of the organisation and to complete the various legal procedures required.

The process was completed in early February and the MIBN held its first AGM on the evening of February 25th. A new committee (details below) was elected under the Chairmanship of Mr Ron Anderson, Director of Serba Dinamik and the organisation is now in the process of recruiting its membership.

A new website <www.mibn.com.my> has been set up to enable interested parties to join online and the committee is working on an agenda of events for the coming months. Any person in Malaysia who is interested in, or connected with, Irish business is eligible to join.

According to Enterprise Ireland, there are now 20 wholly Irish-owned companies with their own establishments in Malaysia. Interestingly, nine of these companies are involved in the ICT sectors and three of the six companies that established themselves here over the past year are using local talent to do software development and support work.

The Irish business community in Malaysia is of course much larger when taking into account the large number of Irish people working with multinational operations throughout Malaysia.

As the first Chairman of the MIBN, Mr. Ron Anderson will shortly join the Board of the EUMCCI.



For further details contact:

Membership Secretary,
Azhar Quereshi at
aznie@pd.jaring.my
+6012-218396

or

Sabrina Ng at
Sabrina.Ng@enterprise-ireland.com
03-2164 0616

Details of the first committee of the Malaysian-Irish Business Network

■ Ron Anderson	Hon. Chairman
■ Amnah Shaari	Deputy Chairperson
■ Anne Vaughan	Hon. Secretary
■ Jonathan Cleary	Hon. Treasurer
■ Kieran Quigley	Committee
■ Azhar Quereshi	Committee
■ Max Purser	Committee
■ Malachy McAllister	Committee



www.mibn.com.my

The Wearing of the Green

STORY BY KAREN HENNIGAN

PHOTOS BY ADRIAN CHEAH



The first person I saw, as we entered the Garden Wing Lounge at the Rasa Sayang Resort & Spa, for pre dinner cocktails, was Maggie Territt. My initial surprise at her remembering my name was followed by a fleeting moment of terror as she asked me if I would write a piece on tonight. At first I thought she meant I had to stand up and speak, and was relieved when she told me I had a whole three days to write a short review of tonight's celebrations!!! I had been chosen, as a newcomer to Penang, to give my impression of the night's festivities. We arrived in Penang last August as my husband, Andy, began his new job as Science teacher at Uplands School in Batu Ferringhi. In October we joined the Penang Irish Association, at the Gaelic Games, and have been looking forward to a chance to celebrate our Irish heritage.

Pre dinner drinks were a welcome prelude to the evening's forthcoming festivities. There was a choice of "Maggie's Green Mamba", a very tasty cocktail with a secret recipe, champagne, red and white wine, beer and of course, the ubiquitous Guinness. It was a good chance to talk to friends, and admire the sea of green outfits and accessories – there was every shade of green imaginable – and this year's "new green" – turquoise! We were also presented with our very own "shamrock".



We adjourned to the Grand Ballroom, where dinner was to be served. It was beautifully decorated with green adornments, fantastic table centrepieces and magnificent shamrock ice sculptures, in the shape of a shamrock, towering over the dessert tables.

Before dinner, Maggie welcomed everyone to the Penang Irish Society's 9th St. Patrick's celebration, and thanked the sponsors. Maggie also mentioned the success of last summer's Quiz Night, and the Asian Gaelic Games that were held in Penang in October, where the PIA stall did a roaring trade in tasty food. She thanked the Ambassador of Ireland, his Excellency Mr. Eugene Hutchinson, who was accompanied by his wife Adele, for making the journey from Kuala Lumpur and sharing in Penang's celebration. Ann Marie O'Toole very eloquently said Grace in Gaelic before dinner.

Formalities over, it was time to enjoy the fantastic feast that had been prepared by the Rasa Sayang Resort. Starters included potato and mussel salad, backend beef salad, smoked chicken and asparagus salad. Amongst the main course dishes to tantalise our taste buds were roast beef, peppered salmon fillets, Irish lamb stew and colcannon potatoes. For those who had any room left, there was an impressive selection of desserts – including individual curach, Irish coffee cheesecake, bannock bread and coffee or tea with an impressive cheese platter.

To me, it was a happy reminder of how important food (and humour) is to the Irish – happy weekends spent at my Grandma's, where in the space of one sentence she would criticize you for putting on weight and not being suitably slim, then force feed you sandwiches and cake, followed by large amounts of tea and stories of long forgotten relatives.

After dinner the Whisky and Baileys was served and the toasts started with the first toast to the King of Malaysia, by Eddie O'Toole followed by committee member Ann Marie O'Toole with a toast to Ireland and all the guests who helped to make the evening a truly Irish affair. Eugene O'Neill followed with a humorous speech and a toast to the man himself, St Patrick.

Mr. Hutchinson, Ireland's Ambassador in Malaysia, read a message that had been sent to us from the President of Ireland, Mary McAleese, and thanked the PIA for all their hard work throughout the year.

Maggie T finished with a presentation to the Ambassador and sponsors. She joked that for the





first time, and possibly the only time, she was able to present the sponsors with a token of appreciation – a copy of the *Nostalgic Penang Journal* by Tze from Penang Passion.

After all the speeches, we were invited to join in with a rendition of "When Penang Folks Are Smiling", a humorous version of "When Irish Eyes are Smiling". Nick and Marianne Ridley sang alternate verses, then joined together for the last verse:

**"When Gals and Guys are smiling,
They're out to have a Fest
St Paddy's at the Rasa
Is surely just the best
Thanks to the dear Ambassador
For coming here today
When Penang eyes are smiling
They steal your heart away."**



Finally, it was time to work off all the excess calories that the free-flow bar and sumptuous buffet had tempted us to consume throughout the evening. The DJ cranked up the volume, with a variety of music, old and modern, and everyone seemed keen to take to the crowded dance floor.

After partying into the wee small hours we returned home with happy hearts, full stomachs and sleepy eyes. Many thanks to the PIA committee: Maggie T, Ann Marie O'Toole, Triona Chelliah and Rosie Murray for all their hard work in making it a night to remember.

Over the years, we have travelled extensively, but this was the first time that we have celebrated St. Patrick's night away from family and friends. Tonight we had the chance to experience a true night of Ceol, OI, Rince agus Craic. Thank you for helping to make us a little less homesick, and hopefully we will be celebrating all things Irish in Penang for many years to come.





A sincere “Go Raibh Maith Agaibh” to our sponsors



SHANGRI-LA'S RASA SAYANG RESORT & SPA, offers vacationers an expansive luxury retreat in traditional Malaysian style, nestled beside the emerald waters of world-famous Batu Feringgi Beach. The fully integrated resort which sits on thirty acres of lush gardens comprises of two main buildings, the 189-room Garden Wing and the 115-room Rasa Wing. From the Garden Wing up to the Rasa Wing, a fastidious attention to detail, comfort and convenience has created rooms, facilities and services that offer a new standard in resort hospitality. Thanks to Desmond Hatton and his hardworking team for their tireless effort in making the event grand.



ESB INTERNATIONAL, a wholly owned subsidiary of the Electricity Supply Board, Ireland's main electricity utility. ESB builds, owns and operates power stations, as well as providing a full range of engineering and consultancy services to clients in the power sector worldwide. With over 1,000 staff, ESB's expertise covers all aspects of energy projects, from concept to development to operation and maintenance. To date ESB has carried out projects in over 115 countries. ESB has a proven track record in investing and running major power projects and is a trusted partner in the industry. ESB recently had or currently has operations in countries as diverse as Vietnam, Kosovo, Georgia, Malaysia, Pakistan, UK, Spain, Indonesia, Bahrain, Ghana, South Africa and Namibia. Thanks to Mr. Tom Lee General Manager (photo left), Kulim Project and Mr. Andrew Whittingham General Manager Manjung Project for their kind support.



IRE-TEX CORPORATION BERHAD's principal activities are the design and fabrication of polymer-based protective packaging products. Other activities include contract manufacturing services, preparing sub-assembly of chassis, manufacturing polymer-based materials, conversion of corrugated paper boxes, trading of raw materials, computers and finished goods, providing testing and calibration services, generation of biomass energy and investment holdings. The Group operates in Malaysia and China. Thanks Chris Purcell for supporting PIA's St. Patrick's Day Celebrations 2009.



PATHFINDERS RELOCATION SERVICES offers a total relocation service, tailored to the specific needs of expats and their families. Our team has a thorough understanding of Malaysian and Western cultures, people and systems. This enables us to cover all aspects of the relocation process. A member of the RELOC8 Asia Pacific Group, a Regional Relocation Resource with offices in: Australia, China, India, Japan, Korea, Malaysia, New Zealand, Philippines and Singapore. For more information visit www.reloc8asia.com. Thank you to Triona Chelliah. (Picture right: Denise Lamb accepting the book from Eugene Hutchinson.)



PENANG MEDICAL COLLEGE (PMC) has grown from an initial cohort of 14 students to its present annual intake of 120. PMC students spend their first 5 semesters in Ireland and attend either the Royal College of Surgeons in Ireland or University College Dublin. They then return to Malaysia for a further 5 semesters of clinical training in hospitals in Penang. The National University of Ireland awards the College's medical degree which is recognised in Malaysia, Ireland and internationally. In 2007, PMC added a Foundation Year to its programme to help meet the demand for quality Irish medical education in Malaysia. Thank you Brendan Lyons.



AMEE PHILIPS EXCLUSIVE JEWELLERY is an independent jewellery company, designing, crafting and marketing exclusive jewellery. Amee, married to an Irishman Drew Phillips, has been producing exclusive jewellery for over 14 years and has established herself as a connoisseur of genuine gemstones and an innovator of versatile jewellery with her award winning V-Clip™. Her creations are the essence of style, and sophistication treasured by the elegant women of the 21st century. Thank you Amee and Drew Phillips.



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Top to bottom: Bibi, Adrian and Rina receiving a token of appreciation from Eugene Hutchinson.



A Big Thank You to All !



A BIG THANK YOU TO:

- Shangri-La's Rasa Sayang Resort & Spa for such a grand evening. Desmond Hatton and his hardworking team, especially Rina for coordinating the event and the chefs for the sumptuous food.
- IWA Penang for helping with publicity.
- The St. Patrick's Society Selangor for helping with publicity.
- Bibi van Germet for her kind assistance with the website.
- Adrian Cheah for designing all our materials and photographing the event.
- All who supported in one way or another in making this year's St. Patrick's Celebration a great success.



Maggie Territt
President



Ann Marie O'Toole
Vice President



Triona Chelliah
Liaison Officer



Rosie Murray
Events & Membership
Officer

INTRODUCING THE COMMITTEE

I was born in Portlaoise, but lived in Dublin for 10 years before leaving Ireland in 1994. My husband, Eugene works in the electricity business for ESB. We started expat life in West Africa, first in Sierra Leone and then The Gambia. In 1996 we moved to India, and in 1999, arrived in Penang where we are both enjoying life. In all our overseas postings, I have been involved in Expatriate Organisations including being President of IWA for 2003-2005. Now in addition to PIA, I am enjoying my involvement with FoodFriends.

Dia's Mhuire agaibh. Is Mise Áine Marie O'Tuathail. I come from a place called Clonad, near the town of Portlaoise. I'm here with my husband who works for ESB. Ed's work has meant we've lived outside of Ireland – UK, South-East Asia, Pakistan and Malaysia – for the last sixteen years. Both of us love Asia, Malaysia, and Penang in particular, so now, we have decided to build our home here on this lovely tropical island of Penang. I was active in the International Women's Association (IWA) and held various posts including Vice-President. Well a dhúine úaisle, I look forward to seeing you all at our PIA upcoming functions.

Triona Chelliah, nee Keane, born in County Claire Republic of Ireland arrived in Malaysia in 1981. I have lived in Kuala Lumpur and Penang and have been running my own Relocation business since 1996.

I am from Mallow, Co. Cork, Ireland. Before moving to Penang I worked in Dublin as Marketing Manager for BT Ireland. I moved to Penang over 2 years ago with my husband Damian who works with ESB in Kulim. We have a 15-month old son Luke who we adopted in Malaysia. In Penang I work voluntarily at St. Nicholas' Home for the blind. I was the Entertainment Chair for IWA in 2008 and am now a member of Penang Irish Association.





HOUNDS TALE

DATE: 21 March 2009
RUNSITE: Batu Gantong
HARES: Irish Wolf Hounds
(Iceman & Octopus)
SCRIBE: Akz Hole

... multicoloured hasher's
climbing the steps up
through the gravestones
was a real pleasure to see
and a reminder of why I
hash in the first place.



After the rains of the previous night and Saturday morning, I was feeling a little apprehensive going to the run site that day. I know the hills around there are steep and very slippery when wet, but well, the Guinness on offer after the run was worth a little pain I thought and hell, the sun had come out too, so it didn't seem too bad after all.

What a surprise when reaching the runsite to find lots of members already there and low and behold the new asphalt car park! Talk about the luck of the Irish! Octopus might not think he was so lucky though, as he looked as though he had gone 15 rounds with Mike Tyson but had in fact been hit by a motorcycle the previous night. We wish you a speedy recovery Octopus!

Did the usual rounds, making small talk here and there, whilst trying to stay out of the GM's eyeline! You never can tell when the GM will pounce and ask you to do something. But damn I failed, as he still nailed me to write the burst since the pre-selected scribe hadn't turned up.

When the circle was called, a huge gathering of members and some guests assembled to listen to the words of non-wisdom spouting from the mouth of the GM, but of wisdom coming from the hare. Medium run, 2 bars and 2 checks. Follow the trail and off we all jolly well went!

The throng headed to the usual on IN over in the right hand corner of the cemetery and was soon spread out even though we had only just started. I actually saw several people RUNNING along the road and thought 'ah well they have to be guests as knowing members conserve their energy for the real stuff later. (This turned out to be true as later, talking to one guest he

admitted he ran initially but then had to slow well down and rest for 5 mins, panting heavily after climbing only part way up the hillside. Will they ever learn?)

Being at the back as always, taking time to look around, chat with my fellow back runners, the sight of the now seriously drawnout line of multicoloured hasher's climbing the steps up through the gravestones was a real pleasure to see and a reminder of why I hash in the first place.

Up we started the first steps of the cemetery and a few grumbles were already being heard of "let's go back", "I'm tired already", "not ready for this" but we all plugged on regardless, to the top, then across the stones and into the farmer's plantation. I believe that somewhere there was a check or a bar but it had been broken already so on we went. SOMETIMES it is an advantage being at the back because SOMETIMES the paper is joined up but in any case this time the long line of hasher's could be seen climbing the usual 'stairway to heaven'.

It is a steeper and longer climb than you think to begin with and by the time we reached the farmer's house halfway up, almost all of the runners in front of us had disappeared. That left Ravi, Why Not, Huge, Justbeer, Doreena, Texas Bullshitter, and myself at the back. We looked at the views, the fruits coming along and generally took it easy. I found Huge sitting on a rock a little way ahead watching the horses on the racecourse!

Onward and upward we travelled, ourselves getting separated as the hill got steeper, with Ravi and Why Not turning back home soon after. Picking our way through bushes, vines, climbing walls and rocks, until we caught up with Prozac scampering through the bushes and slip sliding around whilst trying to get back on paper.

A last effort to climb the hill soon saw us on the track at the first ridge. At this point I decided to await my fellow BRBs and soon Prozac and Texas Bullshitter hit the trail also and went right to follow paper. After about 5 mins, Justbeer and Huge appeared over the top whilst Doreena had arrived a little earlier. A quick medical checkup on all gave rise to the idea of heading left along the track and down to home by the concrete path, little knowing at that time that was the actual way!

We hadn't gone more than 200m when Gangreen, Wanchor and guest (Glen) came down off the hill to our right and we were ON PAPER! Poor Bullshitter and Prozac. They had to climb another hill and then down the other side just to get 200m along the track but I'm sure they enjoyed the extra exercise!

From then on it was a fairly uneventful on down until Doreena tripped on a root stub and severely twisted her ankle. Unable to walk, we waited for a while and then a kindly motorcyclist came by and ferried her down to the runsite. It turns out he was a friend of Semen Looi and then he drove her to a local Chinese doctor for attention. What a great guy! (She later went to the GH for a further checkup as well.)

By then, it was only Justbeer and myself so we headed off into the sunset to look forward to a few glasses of the dark brew awaiting us below at the runsite.



I enjoyed the run, the views, my comrades and more great things were to come. The Guinness was sublime (my favourite drink but only on draught) and the food was delicious, varied and plentiful as always. Later Baileys Irish Cream and Jamesons Whiskey were offered around and gratefully imbibed by one and all. To cap it all off commemorative T-shirts were also given out. The Irish sure know how to put on a spread and throw a party! We all thank you, Iceman, Maggie and Octopus. Without your generosity, time and dedication the day would only have been half as enjoyable.



St. Patrick's Hash Run with The Irish Wolfhounds

Menu

Smoked Salmon on Brown
and White Bread
Irish Stew
Beef in Guinness Stew
Roast Belly Pork with Crispy
Crackling (served with Apple Sauce)
Green Salad, Fruits
Served with Guinness of course!

This is a once-a-year event and the last party for St. Patrick to drown the shamrock!

Eugene and I planned food for approx 100 people. We started early Saturday morning with 8 hours ahead of us in the kitchen. It was hard work and we had fun. We had sampled a delicious pork dish several times at Ditte's house where Eugene obtained the recipe. He however added a lot more bay leaves in his dish. In his Hash circle, he is known for this pork dish, also called Ang Moh Sui Bak (white man's roast pork). 10 kgs of pork stood by to whet the appetite after a good run. No doubt the salt in this dish acted as an excellent rehydrator, especially when added to beer or Guinness!

An orderly queue formed snaking around the beer truck and between the parked cars. In a few minutes of frantic activity, the tables are cleared and the hungry horde sat in groups to relish the offerings and wash them down with free flow of Guinness – all 92 runners and several guests.

Later, clad in their new St. Patrick's Run tee shirts the hashers form the 'circle' where the misdemeanours of the day are recounted and the perpetrators punished by the good humoured and jovial 'Grand Master'. The 'hares', Iceman, Octopus (who set the run) and the Cook (Maggie T) – as a group also known as the Irish Wolfhounds were 'iced' in appreciation of their efforts. So finally St. Patrick can rest for another year and the Shamrock can recover!

Slainte,

Maggie T

Taste of Mexico

At Shangri-La's Rasa Sayang Resort & Spa

TED LENTON



Being born and brought up in Southern California and spending most of my teenage years as a beach bum, everything Mexican was the norm to me and I ate Mexican food as least as often as hamburgers and hot dogs. Although I have not lived in America for over thirty years I still frequently crave Mexican food and when Sandie told me that FoodFriends had arranged a demonstration by Chef Adam Roy on March 20th at the Rasa Sayang I asked if I could be an honorary woman for the morning and tag along.



Chef Adam cleverly kept to three simple but effective recipes: Quesadillas, Deep Fried Beef Taquitos and Ceviche of Shrimps. He demonstrated in a very short time how easy it is to create delicious Mexican food and although I am aware that it takes an expert to make something look so effortless I still think that even a novice cook would be able to replicate these recipes. It was also great to see somebody talking about a subject in which they actually have first hand experience. Chef Adam grew up in Chicago with a baseball in one hand and a chilli pepper in the other and has obviously loved Mexican food all his life, just as I have. His knowledge of peppers and other ingredients was quite extraordinary, and to hear about these, thousands of miles from Mexico or the US, was particularly unexpected.



The best tip he gave us about making Quesadillas is to warm the flour tortillas in a microwave oven or a dry sauté pan before filling them. Choose a cheese which melts easily such as a pizza mozzarella so that it oozes over all the other ingredients and blends all the flavours together; Chef Adam used barbecue cooked chicken with peppers and onions but any favourite ingredients work just as well and for those who are vegetarians, they won't feel left out whilst all the other guests are munching on meat fillers. The deep fried Beef Taquitos (Flautas de Res) were equally delicious and the tip here to pre fry the tortillas very quickly in hot oil and set aside – this makes them pliable; the second tip is to spike the rolls with a tooth pick or skewer, to hold them in shape whilst in the fat. Served with guacamole and/or tomato salsa they are a winner for all ages in the family.



Some people are wary about food, which is not cooked in the traditional way, but Ceviche is a marinade of limejuice, which 'cooks' the shrimps (or any other fish) without heating them. Just leave them in this sharp marinade overnight and you will see that they have turned pale



About the Chef – Adam Roy

A certified Sous Chef (CSC) by the American Culinary Federation, trained and educated on 3 continents including in traditional and modern Mexican kitchen. Adam brings experience through his knowledge of taste and ingredients along with the love for culture and understanding of the people.



pink just as though they had been boiled! Delicious served either as an appetizer or with a salad for a light lunch.

By the time the demonstration was over my ample tummy was rumbling again for a taste of the goodies and I wasn't disappointed; neither did anybody complain when I went back for a repeat taster!

A very special thanks to Chef Adam for a fabulous morning and to Rasa Sayang Resort for hosting this event.

Quesadillas de Pollo Barbacoa **BARBECUE CHICKEN & CHEESE TORTILLAS**

Serves five appetizers

Ingredients:

500g - Chicken Breast, butterflied
as needed - Fajita seasoning
as needed - Olive Oil
1 clove - Garlic, fresh, minced
100g - Pepper, mixed colours
100g - Onions, white julienne
1 tablespoon - Oregano, crushed
10 each - Flour Tortillas, 6 inches
300g - Cheese, pizza
to taste - Salt and Black Pepper
as needed - Sour Cream
as needed - Tomato Salsa, preferably homemade

Method:

1. Season butterflied chicken breasts with oil and fajita seasoning.
2. Grill on an open fire or pan fry until well done. Cool and reserve.
3. Chop chicken into small pieces.
4. Saute peppers and onions with oregano in oil with a little garlic.
5. Cool down and mix with chicken and cheese. Add more salt and pepper if needed.
6. Warm flour tortillas in microwave or in a dry saute pan briefly.
7. Fill one side of the tortilla with chicken-cheese mixture and fold over the other side.
8. Warm a saute pan or non-stick pan over medium heat.
9. Add tortilla in and heat until centre is warm and cheese is melted.
10. Serve with sour cream and tomato salsa.



Ceviche de Camerones a la Mexicana

MEXICAN STYLE MARINATED SHRIMP IN LIME JUICE

Serves five appetizers

Ingredients:

500g - White Prawns, peeled, de-veined, halved
200g - Lime Juice, freshly squeezed
50ml - Olive Oil, extra virgin
2 pcs - Spicy green chillies, chilli padi
2 tablespoons - Fresh Coriander; sliced
1 tablespoon - Red Onions, diced
1 tablespoon - Diced Tomatoes
1 teaspoon - Fresh Garlic, minced
to taste - Salt and White Pepper
100g - Orange Juice, freshly squeezed
2 tablespoons - Tomato Ketchup

Method:

1. Marinade shrimp in lime juice overnight or for one full day, mixing from time to time.
2. Rinse and drain well the next day.
3. Mix with all other ingredients and check the seasoning.
4. Serve in martini glass or with crispy corn chips as an appetizer or alongside mixed salad as a light lunch.



Bon Appétit

Penang's Melting Pot of Cultural Happenings

Chinese New Year Celebrations

WITH FOODFRIENDS & PENANG PASSION

MAGGIE T

When FoodFriends and Penang Passion join together there is always a great buzz! All the stops pulled out, full speed ahead for enjoyment of food, culture and togetherness! Given the importance of food in Chinese culture, it is not surprising that food plays a major role in the Chinese New Year celebrations. Most of the foods served during the celebrations are symbolic of something positive and hopeful.

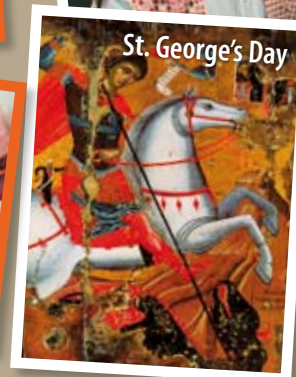
To help us celebrate, share in the traditions and also prepare for welcoming guests to our homes, we arranged an event at E&O Hotel with Chef Bob and his team. I arrived early to find the Chefs putting the finishing touches to an ice carving of the Ox and a magnificent display of carved fruit. Chef Bob loves to surprise us! We started our morning with a demo on fruit carving and several of the ladies joined in the carving and there were some rare specimens to be seen!

Chef Bob followed with demo on Prosperity Carrot Soup, Steamed Cod Fish and BBQ Lamb Chinese style. All were easy to follow – Cod was cooked just right and the lamb was very moist. We all got to taste generous portions – delicious was the verdict. Chef Bob knows how to entertain!

Next up was Tze, explaining the traditions and customs of Chinese New Year. We practised some auspicious New Year greetings and their meanings, the guests were all eager to learn. Several of the ladies then shared their family traditions. Listening, I kept thinking how different we are all and yet how we are all so alike!

We moved to Sarkies to let the celebrations begin. We were joined by Mr. Michael Saxon, YB Danny Law who heads the Tourism Development and Culture, Arts and Heritage Committee, and our sponsors, Spring Toss to toss the Yee Sang salad and welcome prosperity to the year of the Ox. The Yee Sang ingredients are prepared in circles on the plate and when the family or group are ready to start; all the members stand around the salad and mix it with their chop sticks, tossing the ingredients high, mixing boisterously to encourage togetherness, bonding, solidarity and bringing good times.

Before lunch, we presented a cheque of RM96,311.50 collected from the 'A Night of Nostalgia' charity event. The money was in aid of Seri Cahaya Education Fund and Project Blossom. The Press also attended the event. A sensational morning with lots of fun and laughter with friends! Special thanks to Spring Toss Yee Sang, E&O Hotel and all the staff especially Chef Bob, Susan Chyntana Lim and her team from Focal Concepts for the decorations, Marita and her models from Tamasha and Tze's team from Penang Passion.

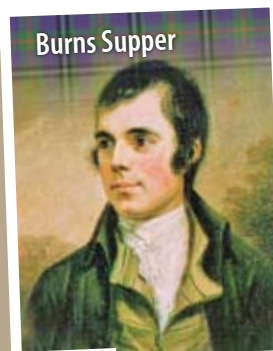




Hari Raya Aidilfitri



Thaipusam



Burns Supper



Penang Floral Fest



Australian Day



4 of July Celebration



Deepavali

A Bubbly Christmas Open House

MAGGIE T

Christmas is all about family and friends, a time for merriment and feasting, a time to indulge in all the traditional pleasures. For me much of the pleasure of dressing up the house at Christmas is that it brings back memories; like looking at our crystal Christmas trees I think of my Mother who two years in a row sent them to us. At Christmas time I miss my family and home in Ireland but when I look around my house they are all with us.

I enjoy taking my passion for festive decorating throughout the house, from the dinning table, to Christmas trees, to lighting candles to welcome guests. So having our FoodFriends Christmas get together at 6C has become a bit of a tradition and Davina and I planned a bubbly breakfast with all the Christmas trimmings.

Davina, Mary Kiernan, Ann Marie O'Toole and I were up early preparing and were ready for guests arriving at 9.30am to the smells of fresh quiches baking, potato scones on the grill, bacon frying, coffee brewing and the champagne and egg nog flowing. Before breakfast started, I explain the Salmon En Croute that Mary Kiernan had prepared; one with spinach and one with savoury rice before I popped them in the oven to be served for lunch.

After breakfast Boon, our friendly florist, from Buds and Blossoms arrived to demonstrate two Christmas centerpieces; one very traditional and one very creative – both beautiful.

We then swapped some of our favourite Christmas recipes before more guests arrived. Salmon En Croute, minced pies, Christmas cake, stolen, trifle and Christmas cookies were served and champagne and wine flowed until last guest left at around 2.30pm.

A great morning and afternoon with lots of festive cheer, conversation on past Christmas events, meeting with friends who are leaving Penang and creating our own Christmas memories.

Thanks to Boon for flower demo, to Mary Kiernan and Ann Marie O'Toole for her help and to all our members for your support. A good party is when the hostess is having as good a time as her guests – well Davina and I really enjoyed ourselves, and we believe everyone else did too! Cheers and looking forward to a bubbly 2009 despite the credit crunch!



Life in the Fast Lane!

ANN MARIE O'TOOLE



**All the red lights go out,
the decibel level soars
and the band burns some
serious rubber as it
gathers pace down into
the first rock number.**



Penang Irish Association and friends got their 2009 F1 Petronas Malaysian Grand Prix celebrations off to a flying start from pole-position at the Shangri-La's Rasa Sayang Resort & Spa on Wednesday, April 1st, when the Feringgi Grill presented an appropriately titled evening of music and chat – "Life in the Fast Lane".

It has to be said at the outset that Desmond and his "engineers and pit-crew" at the Feringgi Grill demonstrated once again, in that quiet, no-fuss and understated way in which quality is always best delivered, just why they have a reserved podium position and so frequently take the chequered-flag. Good taste (in every sense!) and superb service were the bye-words at the Feringgi Grill.

Former motor racing mogul and Jordan F1 team owner, Irishman Eddie Jordan has switched from the pit-lane to the drum pit and is appearing as drummer with his band, "The Robbers" on tour.

Jordan joined us on his way from Melbourne (where he has just started a new career as racing broadcaster for BBC) to Sepang, where he continues his commentating career at the Malaysian Grand Prix and will also bring his show to the Hard Rock Café on Jalan Sultan Ismail.

While nobody would ever describe Eddie Jordan as the shy, retiring type, he is quite personable and knows how to work a room, meeting everyone and having a few words at every table while he collected questions about the sport in general and about both Jordan the man and Jordan the F1 team, which he would answer during his between-course chats.

Many people are probably unaware that a very large number of the drivers, who went on to hugely successful careers in F1, were identified and given their start by Jordan. Think Michael Schumacher, Ayerton Senna, Fisichella, Damon Hill, Rubens Barichello and you get the picture.

Jordan makes no bones about the fact that in order to survive as a small, independent F1 team, part of his business plan was to find this talent, nurture it and then sell it on to the big boys for as much as he could.

By Jordan's own admission, the F1 supremo Bernie Ecclestone called him "a robber", unwittingly providing the name of the band!

If the evening started with a "practice lap" of anecdotes from the high-octane life of motor racing's Formula by Eddie during dinner, once the track was cleared and the band was in its starting position, things began to rev-up.

All the red lights go out, the decibel level soars and the band burns some serious rubber as it gathers pace down into the first rock number.

Eddie Jordan and his band, comprising Jonathan Perkins on keyboards, Pete Noone on bass and Matt Excelby on guitar, are no novices and have appeared on the same bill as Brian May, Joe Elliot, Mike Rutherford, Nick Mason, The Pretenders and Bob Geldof.

The venue was big enough to cater for a decent sized crowd, small enough to feel intimate, the featured guest popular and interesting and some cracking good music at the end. Everyone loved it. This is a "formula" that could catch on.

**Back to
PIA**



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